OR

AN ACCOVNT OF A IOVRNEY IN THE TRVE DISCOVERY OF a ſeaſonable Mineral, Medicinall Water, in the Weſt Riding of *Yorkeſhire*, neere an ancient Towne called *Knaresbrough*, not inferiour to the *Spaw* in *Germany*.

Alſo a caſe of other Mineral Waters of ſeverall natures adioyning.

By *M. S.*

ECCLESIAST. 38. 4.

The Lord hath created Medicines out of the Earth; and he that is wiſe will not deſpiſe them.

LONDON,

Printed by [illegible]

News out of York-Shire:

OR,

AN ACCOUNT

OF A

LOVER NEY, IN

THE TRUE DISCOVERY OF

A

Mineral Medicinal Water,

(Called Knaresborough, Mineral-

water for the Spleen &c.)

Also a Table of other Mineral Waters

of several Nature adjoyning.

By W. S.

LONDON,

TO
TO THE RIGHT HONOVRABLE, THE vertuous, and religious Lady, the Lady *Katherine Stanhope*, wife to the Lord *Philip Stanhope*, Baron of *Shelford*.

RIGHT HONOVRABLE;



His ſhort enſuing Diſcourſe (begotten and brought forth in the ſilent houres of a ſolitary retirement) I intended at firſt for the vſe of ſome priuate friends, whom I deſired to ſatisfie in the particular diſcouery of an Engliſh *Spa* water. It pleaſed ſome of them vpon view

hereof to moue me to publish it, for [illegible] the whole passage, I personate my selfe an eye-witnesse of all circumstances; which they perswaded me would giue a better glosse vnto the subiect, than any here-say relation. A diffidence of whatsoeuer passeth my pen, caus'd me awhile suspend my resolution: when suddenly my humble thoughts reflected vpon your Honour, and then in an instant I apprehended a faire Sun-shine of occasion, to publish vnto the world my vowed respects.

Amongst the vnlimited variety of your [illegible]ships rare endowments, I haue obserued your spacious vnderstanding to reach, not onely to a singular measure of the diuine Concernments of the soules sauing knowledge (your obseruable practise sympathi-

zing

zing with the Theory) but with an extraordinary curiosity to search into the Cabinets of Natures choisest secrets, especially those which concerne Medicinall and Physicall vse; wherein your successfull hand hath vouchsafed to administer in time of need with blest euent. Hence is it that I haue presumed (not omitting the tie of many noble refreshments, and honourable fauours) to appropriate this subiect (which presenteth vnto the world one of Natures choisest Iewels) vnto your Honour; vnder the Sanctuary of whose vertuous protectio I am bold to promise to my selfe inuiolable safety from the rage of all snarling detraction. It may be, your noble Lord (to whose immerited support of my weak fortunes I shall euer owe a gratefull memory) might expect the addresse of

my first fruits vnto his Honour, but I purposely reserue my selfe till a more ample occasion be presented, wherein my paines may be more enlarged.

I haue no greater hope to animate my assurance of a gracious acceptation, than the pleasing remembrance of your fauourable eie formerly cast vpon some dawnings of my weake endeauoures. Faile I not herein, I haue arriued (next vnto the publike good) at the wish't Ports of my desires, which as they haue euer prized, so shall they continue restlesse in the pursuit of your Ladiships allowable esteemes, neuer to be sufficiently valued by

Your Honours most humble

seruant,

M. St.

To the READER.

AT what time this relation of our English Spa was (though cursorily) composed, the title of Newes out of Yorkeshire (which like a Signe I fixed at the Portall of the discourse) was not improper. That many Moneths are past, since it was capable of the Character of the Presse, and ready drest to encounter the publike view, it shall suffice there are diuers can witnesse, with the casualty of its protraction. There are [illegible] many by-circumstances enterlaced, which though they aime at lapsed time, yet are they not altogether misappliable to the present. In substance I differ not much from the Spadacrene lately published by a graue Doctor, the garbe onely of my particularising I challenge as mine. As for such pedanticke Formalists, who haply may taxe mee for digressing from the proposed subiect,

my first fruits vnto his Honour, but I purposely reserue my selfe till a more ample occasion be presented, wherein my paines may be more enlarged.

I haue no greater hope to animate my assurance of a gracious acceptation, than the pleasing remembrance of your fauourable eie formerly cast vpon some dawnings of my weake endeauoures. Faile I not herein, I haue arriued (next vnto the publike good) at the wish't Ports of my desires, which as they haue euer prized, so shall they continue restlesse in the pursuit of your Ladiships allowable esteemes, neuer to be sufficiently valued by

Your Honours most humble

seruant,

M. St.

To the READER.

AT what time this relation of our English Spa was (though cursorily) composed, the title of Newes out of Yorkeshire (which like a Signe I fixed at the Portall of the discourse) was not improper. That many Moneths are past, since it was capable of the Character of the Presse, and ready drest to encounter the publike view, it shall suffice there are diuers can witnesse, with the casualty of its protraction. There are (I [illegible]) many by-circumstances enterlaced, which though they aime at lapsed time, yet are they not altogether misappliable to the present. In substance I differ not much from the Spadacrene lately published by a graue Doctor, the garbe onely of my particularising I challenge as mine. As for such pedanticke Formalists, who haply may taxe mee for digressing from the proposed subiect,

iect, let such know I hold it the greatest slauery in the world to be tied to their vnnecessary rules. But for thee (gentle Reader) be but pleased to obserue the occasion of the liberty I take, and then I hope (the dulnesse of the times considered, which had need of a lash to be rowzed) thou wilt not think I roaue very impertinently. Yet before I leaue thee, I must craue thy patience (as one tendering the common good) whilest I offer to thy consideration some cautions in the vse of these Waters, which (if I mistake not) are of such reall consequence, that neglected, their expected effects are made frustrate.

That the worth and excellency of Physicall helpes consisteth not in the remedies themselues (as one well obserueth) but in their wise and prudent dispensation, is so vndoubted a position, as none but such as scorne the clew of reason should guide their vnderstanding in the Labyrinth of so many vncertainties as are abroach in the world, will deny. And hence it is, that Medicines iudiciously dispensed, are said to be as Angels of God sent for the good of men; but inconsiderately vsed, they are Messengers of death. Yet such is the giddy precipitation of many, especially the meaner sort of people, that they no sooner heare of a secret, (be it a medicinall Water, or what else that promiseth health) but (all fit circumstances set apart)

they

they violently rush upon it, perswading themselues (out of a passionate desire to be refreshed) a sudden laying hold upon any nouelty, to be the most aduantagious course. Nay, how many are there who upon notice of a new-found medicinall Spring like this of ours, question not the infallibility of its curing all manner of diseases? the sottishnesse of which fancy is so grosse, that I will not doe it the grace of opposition.

Nor are the vulgar onely bleared with this misty conceit, for I haue heard of our Empericall hyperbolists (who take a pride (as one saith) to Monopolize cures vnto the prerogatiue of one Secret) who haue auouched it as a thing feasable, to compose a medicine able to cure any disturbance incident to Nature. But I leaue these with their quaint cratchets to themselues, and worse company I know not how to wish them; and come to the obseruances I desire may duely be considered of such as intend the vse of this our Water. And first I wish, that whosoeuer the parties be, before they attempt the vse of the water, they repaire to the learned Physitian, especially such as haue been conuersant in the vse and quality of the water, and make knowne to him their (distemper, that so consideration may be had of the aptnesse of the waters faculty, how it stands

qualified

qualified to the affected part, which is of such conducing sequele, that the omitting hereof hath proued fatall to many. For who but the Physitian (whose profession it is) is fit to iudge of the multitude of causes in diseases, what varying differences arise in the manner, quality, quantity, and times of remedies? wherein the party either ignorant, or mistaken, medicines of saving and curing power, out of time and place disposed, bring forth mischiefe, and many inconueniences instead of helpe.

It being granted then in the first place that the water is of probable vse, in the next succeeds a preparation of the body, according to the nature, quality, and seate (as I may say) of each humor, which obseruance how much it auaileth, let the common experience of those, who submit themselues to aduise, testifie in the difference of the effects found from irregulars. For the manner of vsing the Water, there is no question but a sudden glutting of the stomake, with a surcharge of any thing, where with Nature is not acquainted, is a most preposterous course; yet that this is ordinary also (especially amongst the vulgar) who knowes not, that hath obserued the pressing of people to these like waters? Soft fire (saith the old prouerbe) makes sweet Malt, and a gentle acquainting of Nature by degrees

with

with any thing makes it more gratefull, and steales as it were a kinde of familiarity with Nature. The time of the yeare by the obseruance of the learned as most proper, is thought to be Iune, Iuly, and August, as also, the morning best allowed for the circumstance of the day. Ordinary repasts, and the liberty at other times taken of eating and drinking, would now be forborne, for three or foure houres space after the drinking of the water, that so Nature may finish her taske with more ease, hauing the water onely for a subiect to grapple withall.

A temperate diet by abstaining from meates of grosse and melancholicke substance, must take place as a rule amongst the rest worthy of remembrance, whereunto as a fit companion moderate exercise would be ioyned. Nor let such thinke (whose bodies especially are the seats of radicated ancient diseases) to finde ease suddenly by the vse of these waters; such must come armed with a well-grounded patience and expect by degrees a lessening of their ma. who though haply they haue staied the ordinary prescribed time of the waters vse, and yet are not sensible of any great change, yet let them not despaire, for that a second yeres triall may bring forth an happy issue of their desires, whereunto this had onely the power to

make the way. And (which is strange) it hath beene obserued, that some who haue by graue aduise beene induced to drinke of these waters, and haue not in any sit circumstance digressed from the Physitians rule, though during the time of their abode at the place, they haue not perceiued any apparant amendment, yet after their departure haue beene restored to perfect health. The reason hereof the learned giue to be, that (after the drinking of the Water) there remaineth in the more solide parts of the body (by which the water did passe) the hidden faculties and powers thereof, which commonly produceth the effects within the space of 40. dayes. This hath beene obserued as a thing of frequent experience.

I had not embarked my selfe into these cautionarie aduertisements at all, (knowing they are more punctually set downe by others, especially in the late Spadacrene) *but that at my being this Summer at our new* Spa, *I did obserue diuers to take a most preposterous course in drinking of the Water. Some came thither, rather expecting a Miracle than a cure; hauing beene desperately diseased for many yeares, and yet conceiued hope of a perfect recouerie by two or three*

dayes

dayes stay. Others at the first approach to the water sticke not to drinke (besides the omitting of preparation) as large a quantity as would require (by due order) the rising to ten or twelue daies, and it may be within an houre forbeare not to please the pallate with any ordinary refection. Hence (omitting a world of other errours) comes these waters (which in themselues methodically vsed are of excellent effects) to be so much disparaged, their worth traduced, and their admirall operations obscured by the brutish precipitation of most that haue recourse to them; whereof if others warned will not take heed, let the failing of their desire in the cure, nay perhaps the disease made more desperate, or extraordinary symptomes hapning, be the iust reward and guerdon of their wilfull vnaduisednesse.

I am loth to leaue thee before (for thine encouragement) I adde an experiment of two which (amongst others) this Summer 1626. brought forth at this our new Spa. A man about the age of 50. yeres (being of an extraordinary bulke of body, but especially his belly of an vnseeme greatnesse) who partly by the surcharge of that great

masse of flesh be carried, and partly through a stoppage of the passages of respiration, could not of twenty yeares before goe many paces without a pause, and the benefit of a seate, having drunke of this Water orderly about a fortnight, his belly did fall to a competent size, and hee was able to goe from the Towne of Knaresbrough to the fountain (which is little lesse than two miles) and most of it vp the hill) without any desire of rest, or easing. I also saw a Youth, and spake with him, about the age of twentie yeares who for the space of three yeares before had been miserably afflicted with a kinde of Epilepsie, yet differing from the ordinary manner of that disease, in some strange and violent distortions which for the most part affected his right side. It was ordinary for him to fall three or foure times in a day, in which fits he lay groueling vpon the ground, a miserable spectacle. This poore creature continued the vse of the water not a-bove ten daies, during which time hee had but two fits, and those exceedingly moderated. A strange alteration, and not easily admitting beleefe, and shewes that this Water is of an admirable composure, and transcendent faculties, and

worthy

worthy the curious indagation of the learned. I hold my selfe much to blame, that I did not require their names, and abode, for the more full satisfaction of those who are of nice beleefe. It remaines, that of what is past, and doth follow, if thy obseruance procure thee any benefit, that thou blesse the Fountaine of all fountains, from whom all Creatures deriue both being, and whatsoeuer is in them of worth and efficacy.

M. St.

To the Reader.

NEWES OVT OF YORKE-SHIRE.

THere are two Treatiſes, the one written by *Philip Gherinx* a German Doctor, the other by Mounſieur *Pigrag*, Chirurgian to *Henry* the Third of *France*, which doe ſufficiently expreſſe the qualities both manifeſt and ſpecifique of the *Spa* water in *Germany*, the order of vſing it, and for what diſeaſes it is proper. What credit it hath gained in moſt parts of Chriſtendome, the great confluence thither of all conditions of people doth make good. How many perſonages of great qualitie of this our Kingdome, haue made their repaire thither, is alſo obuious to the vnderſtanding of many. But as it is to be feared, that ſome from amongſt vs haue pretended the vſe of that water,

To the Reader.

NEWES OVT OF YORKE-SHIRE.



Here are two Treatiſes, the one written by *Philip Gherinx* a German Doctor, the other by Mounſieur *Pigrag*, Chirurgian to *Henry* the Third of *France*, which doe ſufficiently expreſſe the qualities both manifeſt and ſpecifique of the *Spa* water in *Germany*, the order of vſing it, and for what diſeaſes it is proper. What credit it hath gained in moſt parts of Chriſtendome, the great confluence thither of all conditions of people doth make good. How many perſonages of great qualitie of this our Kingdome, haue made their repaire thither, is alſo obuious to the vnderſtanding of many. But as it is to be feared, that ſome from amongſt vs haue pretended the vſe of that water,

the better to colour other intentions not very allowable: (the place affording all wished means of priuate conuerse with Priests, Iesuites, &c.) So it may be suspected (such is our noted folly) that had we as effectuall a blessing in this land, wee would be gadding abroad through a vaine estimation of whatsoeuer is forraigne. *Naaman* the *Syrian*, being aduised by the Prophet to wash in *Iordan*, disdainfully replyed, Are not *Abana* and *Pharpar* Riuers of *Damascus* better than all the waters of *Israel*? Such are we, to whom though God hath pointed out waters of health amongst our selues, yet we will not be perswaded but *Pohox* and *Sauanir* (the two Fountaines of the *Spa*) doe exceed all the Springs in *England*. But as hee being better aduised, vpon repaire to *Iordan*, was restored to health, so there is no doubt, but if we will make vse of our owne waters, and other blessings at home, we shall haue little need to craue the aide of any forraine soile. What so much in request as the *Indian* Drugs, and Spiceries of the *Ilands*, procured by so many hazardous and tedious voiages; the opinion whereof hath so besotted vs, that compared with them, we vilifie and disesteeme what our owne Nation doth afford, as if Nature had forgot to suppedrate this our famous Ile with necessaries, either for the continuance

tinuance of our well being, or for the rectifying of any bodily decay, or peccant humour? Yet hath Doctor *Bright* (that learned Physitian) proued in a Tract (called the Practise of home Medicines) that our owne Countrey is of sufficient competencie, to supply vs with all vsefull Commodities, either for Dyet, or Phisicke, parallelling our ordinary native simples, with the choicest drugs, and farthest fetcht Spiceries.

To come a little neerer to our purpose. It is (as I am credibly enformed) about 50 yeres since first notice was taken of a Spring (in the West-riding of Yorke-shire, neere a Towne called *Knaresbrough*) called at this day by the country people, *Tuit-well*, it seemes for no other cause, but that those birdes (being our greene Plouer) doe vsually haunt the place. Of this Spring (I haue heard) two neighbouring Gentlemen of ancient descent, the one *Slingesbey*, the other *Inglebey* did for many yeares ordinarily drinke, for [illegible] was supposed, as in taste, so in effect, it did agree with the *Spa* in *Germanie*. I doubt not but their long continuance of the vse of it, did proceed from a sensible effect found in their emboldening: Nor doe I doubt also that they were sparing worthily to report of it: yet (such is our Lady-like humor, that we prize nothing but what is farre-fetcht,

and deare bought) I cannot perceiue it gained any great credite, but hath ſince their deceaſe been altogether inuolued in ſilence, and for no other cauſe (as I conceiue) but that it is within the girdle of our owne Kingdome. Thus hath it happened that partly (as I ſaid before) through a capritious affectation of forraine traſh, and partly through a drowſie humour that doth inuellope vs, not endeauouring to ſearch into the riches, and opulentie, which Nature (farre from ſparingly) hath crowned vs withall; this, *Tuit-well* (I feare the poorenesſe of the name, hath not a little diſaduantag'd it) hath beene moſt groſly neglected, as if it were a place onely worth the notice of that filly bird.

It is about two yeares ſince I firſt heard of it, at what time not meeting with any that could punctually enforme me of it, I let it paſſe as vncertaintie, yet ſo as I found in my ſelfe a kinde of itching deſire of viſiting the place.

In the latter end of the Summer 1625. being caſually with Doctor *Deane* (a Phiſitian of good repute at his houſe at Yorke, one who is far from the ſtraine of many of his profeſſion, who are ſo chained in their opinions to their Apothecary ſhops, that they renounce the taking notice of any vertue not confined within that circuit) hee tooke

tooke occasion to make a motion to me (the rather for that he remembred I had been at the *Spa* in *Germany*) of taking the aire, and to make our rendez-vous at *Knaresbrough*, to the end wee might be the better opportuned, to take a view of the *Tuit-well*, (whereof he had sparingly heard) for that it was by some compared to the so much fam'd *Spa* in *Germany*.

I was not nice to giue way to the summons of his desire; the match was soone made, and the next day, accompanied with a worthy Knight a iudicious admirer, and curious speculator of rarities, & three other Phisitians of allowable knowledge) we set forwards for *Knaresbrough*, being about fourteene miles from *Yorke*. Wee made no stay at the towne, but so soone as we could be prouided of a guide, wee made towards the Well, which we found almost two miles from the Towne. It is scituate vpon a rude barren Moore, the way to it in a manner a continuall ascent. Vpon our first approach to the Spring, we were satisfied that former times had taken notice of it, by reason it was encloased with stone, and paued at the bottome, but withall we plainly perceiued that it had beene long forgotten, which the filth wherewith it was choaked did witnesse, besides that through neglect the currents of other waters

and deare bought) I cannot perceiue it gained any great credite, but hath since their decease been altogether inuolued in silence, and for no other cause (as I conceiue) but that it is within the girdle of our owne Kingdome. Thus hath it happened that partly (as I said before) through a capritious affectation of forraine trash, and partly through a drowsie humour that doth inuelope vs, not endeuouring to search into the riches, and opulentie, which Nature (farre from sparingly) hath crowned vs withall; this, *Tuit-well* (I feare the poorenesse of the name, hath not a little disaduantag'd it) hath beene most grosly neglected, as if it were a place onely worth the notice of that silly bird.

It is about two yeares since I first heard of it, at what time not meeting with any that could punctually enforme me of it, I let it passe as vncertaintie, yet so as I found in my selfe a kinde of itching delite of visiting the place.

In the latter end of the Summer 1625. being casually with Doctor *Deane* (a Phisitian of good repute at his house at Yorke, one who is far from the straine of many of his profession, who are so chained in their opinions to their Apothecary shops, that they renounce the taking notice of any vertue not confined within that circuit) hee tooke

tooke occasion to make a motion to me (the rather for that he remembred I had been at the *Spa* in *Germany*) of taking the aire, and to make our rendez-vous at *Knaresbrough*, to the end wee might be the better opportuned, to take a view of the *Tuit-well*, (whereof he had sparingly heard) for that it was by some compared to the so much fam'd *Spa* in *Germany*.

I was not nice to giue way to the summons of his desire; the match was soone made, and the next day, accompanied with a worthy Knight a iudicious admirer, and curious speculator of rarities, & three other Phisitians of allowable knowledge) we set forwards for *Knaresbrough*, being about fourteene miles from *Yorke*. Wee made no stay at the towne, but so soone as we could be prouided of a guide, wee made towards the Well, which we found almost two miles from the Towne. It is scituate vpon a rude barren Moore, the way to it in a manner a continual ascent. Vpon our first approach to the Spring, we were satisfied that former times had taken notice of it, by reason it was encloased with stone, and paued at the bottome, but withall we plainly perceiued that it had beene long forgotten, which the filth wherewith it was choaked did witnesse, besides that through neglect the currents of other waters

were suffered to steale into it. Before any peremptory triall was made of it, it was thought fit first to cleanse the Well, and to stop the passage of any other waters intermixture, which within the compasse of an houre we effected. The bottome now cleared, we plainely descried where the water did spring vp, and then the Physitians began to try their experiments. But first I dranke of it, and finding it to haue a perfect *Spa* reliſh, (I confesse) I could not containe, but in a tone lowder than ordinary, I bade them welcome to the *Spa*. Presently they all tooke essaies of it, and though they could not deuie, but that it had a different smack from all other common waters, most confessing that it did leaue in the pallate a kinde of acidenesse, yet the better to be assured whether it did partake with *Vitrioll* the prime ingredient in the natural *Spa*, they mixed in a glasse the powder of Galls with the water, knowing by experience, if this Mineralll had any acquaintance with the Spring, the powder would discolour the water, and turne it to a Claret die: wherein they were not deceiued, for presently (to their both wonder and ioy) the water changed colour, and seemed to blush in behalfe of the Countrey, who had amongst them so great a Iewell and made no reckoning of it. Thus pleased (hauing euery one

taken

taken a draught, or two) wee returned to the Towne, yet not the same way we came, for our guide directed vs another way, being a mile further vp into the Moore, to see another Spring, giuing it a stincking Epithite, (as indeed it did deserue) whereof, and of others, all bordering within a small compasse, I will hereafter giue a taste.

You may suppose (being met together at our Inne, where wee found our selues very well accommodated for our prouision) we could finde no other talke but of this our new *Spa*, the Doctors (as occasion serued) reasoning among themselues, of the nature of Mineralls, and of the probability of this waters excellency, and now and then would aske me, whether I did seriously speak when I gaue my verdict for a *Spa* taste. Which I confidently auerring, we resolued the next morning (if the day proued cleare) to giue the Spring a second visit, by way of farewell for that yeare, *Michaelmas* being now at hand, a time very vnapt to giue a peremptory iudgement of these kind of waters.

The next morning we were awaked with the glad tidings of a bright skie, (*Apollo* with his cheerefull aspect seeming to smile vpon our enterprise) which oportunity was so welcome to vs, that we were no sooner out of bed but were ready,

ready, and no sooner ready but on horsebacke. Vpon our reuisit of the Spring, vvee found it (being by our former daies care discharged of all incombrance) very cleare, and about three quarter of a yard deepe of vvater. The taste of the water was growne more liuely and briske than it was the day before, and much more perceptible in its acideneſſe. Once more we mixed the powder of Galls with the water, which made such haste to satisfie vs by a rubicund colour, that now we were ready to colour too for shame, that we had not trusted nature vpon her first word. There remained now no scruple of the waters quality, so that we began freely to take our mornings draughts, which wee doubled and redoubled, for there were of vs who drunke 15. glasses, and who tooke least had eight or nine.

After a compasse taken in visiting a Spring in *Bilton* Parke, as also another called *Pigeon* Spring, wee came at a seasonable houre to our dinner, which wee found attending vs in a plaine, but plentifull forme. I may not forget to tell how that about an houre after that we had drunke of the water, it came so freely from vs, that (me thought) we were like so many walking Conduits, so that for the space of two houres, scarce a minute past, but some of vs were ready to vie it, which was

presently

presently seene, and reuied by a third. But to returne to our dinner (which for my part I had such a desire to be grapling withall, that I thought the very sitting downe too long a parenthesis) it will not be denied but the sight of our meat was a very pleasing prospect to vs all, so that in a few words (for we were not able to hold out a long Grace) we thank't God for a great deale of good meat. Wee were all friends, and yet who so had seene vs all suddenly draw at once, could not but suppose a quarrell. But (God knowes) the limits of our mallice extended onely to a sort of prostrate dishes, wch presently yeelded to our mercy, or rather furie, for within a small space we had so pittilesly mangled them, that it was not possible to know any of them by their former face. In briefe, wee all plaied the men; and had this water no other effect than this vnexpected experiment, of setting so sharpe an edge vpon the stomacke, it were not to be disreputed. It put me in minde of my being at the *Spa*, where though we had plenty of all manner of prouision, yet (I professe) I did seldome rise from table but with a crauing appetite.

According to our entendment wee returned that night to *Yorke*, whither wee came in good time, not any of vs repenting, but rather resulting

in our bestowed labours. The novelty of this discovery (for though it had beene formerly known, yet the memory thereof was in a manner lost) was so pleasing to vs, that we were not meanly ambitious to trompet in most places where we came this our adventure, as if it had been (among other Antipodes) Dr. Deane (whose abilities of knowledge is not to be questioned) about three dates after our returne (by the consent of the rest of his fellow Physicians) sent for a great quantity of the Tuit-well water in large vials. Glasses, extending partly by expansion, and partly by some other Chimicall way to experiment in. Vpon returne of the messenger, opening a bottle to taste it, he found it a little salter, but then assaid to try it againe with the powder, that denied to performe what formerly it had done, as if it scorned to shew its Majesty out of its right proper throne. And had it not reason (thinke you) to looke pale for anger, in despight of Art, to be thus brought prisoner to so worthy Neighbours, who durst never attempt to looke it in the face but vpon so great an aduantage? This accident did not a little amaze the good Doctor, fearing there would lie an aspersion vpon vs all, by reason of our former report. But after he had recollected himselfe, he (willing

to vindicate it from all detraction) did (like a good Bee) draw from this alteration a firme and vndeniable conclusion of its worth and excellency, to the confounding of all such virulent Spiders, as would make it a proofe of poverty and worthlelnesse: To wit, that since it is the spirits which giues these waters life, and that at his being at the fountaine it selfe, the taste was apparant, & the conclusion tried with the Galls formerly infallible, this change did manifestly demonstrate, that the water is repleate with nimble, aiery, vertuall spirits, which will endure little or no translocation, but by their subtilty steale away, and so leaue the water insipid, and in a manner voyd of the taste it retaineth in its naturall seate. This (though a truth) is so farre from satisfying some (if there be any truth in experience) that tell them of the intermixture of spirits with the water, you may as well perswade them it is full of Hobgoblins. But it matters not for the vulgar, who had rather spend their penny in good Ale, than goe from the smoake of their Chimneyes, to see neuer so great a wonderment of Nature, which doth present vnto their senses (which like brutes they take care onely to please) and that suddenly, some flash of astonishment. Such as are of more elevated spirits, who moue in a Sphere aboue the rabble.

ble, whose bleſt mindes are fed with intellectuall raptures, will eaſily admit of the probability of this change. I might adde hereunto a careleſnes in the Meſſenger, who was ſent for the water, who if he did neglect the careſull ſtopping of the bottles, this alone were ſufficient to cauſe a maine difference. For if in liquors of a more terrene, and groſſe compoſure, as wine, let the bottle wherein it is kept, be altogether vnſtopt, or but looſely, it much abates in one night of its generouſneſſe; much more this water, whoſe brauery, viuacity, and onely faculty conſiſts in the ſpirits.

Thus farre was proceeded that Summer 1625. the Doctors entending (the prime time of the yeere being *Iune*, *Iuly*, and *Auguſt* ouerſlipt) the following Summer, at a more apt ſeaſon to examine all the circumſtances belonging to the water, when the Sunne by his vigor ſhall haue clarified the aire, and by vertue of his comfortable beames, and enliſening raies, giueth the height of ſplendor to all ſublunary creatures.

I haue more largely than I entended diſcourſed of the reuiuing of this our new *Spaes* knowledge, whoſe vertue (I am perſwaded) will be found ſo farre to tranſcend, that the native Inhabitants of the *Spa*, will ſoone finde this our diſcouery to draw from them no ſmall commodity;

for

for that this once diuulged, will be a meanes not onely to enduce those of our owne Countrey to forbeare their recourse thither, but is like to proue very effectuall to inuite many strangers to vs, who with more safety may reape the benefit of this our water, than the distracted, and disioynted affaires of *Germany* will suffer.

And why should any doubt that this water of ours should not as amply and effectually worke in the cure of infirmities that are of an obstructiue nature, as the *Spa*? That it hath a most apparant sensible *Spa* taste, I dare (besides my own experiment) referre it to the iudgement of any, whose pallate hath not lost the remembrance of that water. That vitrioll hath the predominancy in it, besides the taste, infallible conclusion hath proued. That it worketh in the same manner with the *Spa*, hath also been satisfactorily tried. If any one reply, that they deny not but that this our supposed *Iewel* may haue a litle alliance with the *Spa*, but it must needs be in a poore degree, for that the place is naked of Mineralls, cõpared with the *Spa*, whose territorie doth so abound with them, that extraordinary commodity is drawne daily from the substantiall Mines themselues: I answer, first it will not be denied but that this our water doth passe by Minerall veines, which can-

seth it to retaine a taste which differs it from other waters: which being granted, I demand who is so wise, or rather foole-hardy, as to dare to proportion the quantity of so hidden a mystery, which Nature hath secreted to her selfe as a priuacy (like many others) inscrutable? How came our inexhaustible Mynes of Iron, Lead, Copper, Allum, and why should I not name Coale, which not onely furnish vs, but with their surplusage, are transported to other Kingdomes, with no small gaine, to be first knowne? Were they reuealed in a dreame, like S. *Iohn Baptists* head, or rather skull, which was made knowne (as it is fabled or Legended) to a deuout Monke in his sleepe, and is to be seene at *Amiens*? No sure, industry and paines (the price which the Heathens could say the Gods did set vpon whatsoeuer is excellent) first gaue them light and life. The same industry (there is no doubt) would also make knowne to vs many new treasures, which is onely wanting, and not matter. To make this good in the particular in hand,

The *Spa* (I know) doth boast of her Mineralls of Iron, Vitriol, Sulphur, & others, of whose faculties they haue seuerall waters that do taste, & operate. You may remember I gaue a touch before, that besides this our new *Spa*, we tooke a

view of other Springs of differing natures, of which I will briefly relate, whereby it shall appeare, that (vnlesse we will beleeue nothing but what we see) we are not vnfurnished of seuerall sorts of Mineralls (how secretly soeuer yet hid from vs) and that within the circle of the Moore, where the *Tuit-well* is seated, and the bordering plaines thereabout.

In our first daies view of the *Tuit-well*, we were conducted by our guide a mile and more beyond it, to looke vpon another water, which he with much adoe found, for that it is very obscurely placed. It breakes forth in the skirt of an hill, close by a Riuulet. We were no sooner come neere it, but we were (vnmannerly) taken by the nose with a most vnsufferable Sulphurie fume, at the first not easie to be endured. The first thing we did, was to giue the water a more free passage than we found it had; which done, we tooke of it into a glasse to view. It was transparently cleare, but of so strong and intolerable a sent, being held neere, that a more suffocating smell could hardly be deuised. Both by the taste and sent it was apparant, that it is of a sulphurous nature, and that in a high degree, but withal exceeding brackish & salt. The day waxing would not giue vs leaue to stay long in the place: for conclusion-sake only,

onely, we put an eye-cup of siluer into a glasse of the water, which within a little space turned it into a Copper tincture.

The next day (being our second of visiting the *Twit-well*) we were drawne aside into *Bilton* Parke, which bordereth vpon the Moore, where in the declination of an hill, we came to a Spring, much of the same condition with the former, the smell as violent, and the taste the same, saue that it is not perceiueably salt. An vnder-keeper of the Parke, whom we asked what vse was made of the water, told vs, that not long before, finding himselfe all out of tune, so that no ordinary labour, nor abstinency could set him right: he made bold to drinke of this water a glasse, or two. It purged him (not without violence) both waies, driuing forth of his body much venimous matter, which after by washing in it dryed vp and healed. Hee shewed vs also a poore man-seruant to his Master, who being for the space of two yeares troubled with a grieuous paine in one of his legs, together with a numnesse and swelling, being aduised to wash in this water, was within an vnexpected time restored to health, and strength, and hath continued firme and sound euer since.

From hence we were brought to another water, distant from this place about a mile, called

Pigeon

Pigeon Spring, of the continuall haunt they haue about it. This is also of a Sulphury quality, and salt, but in a more remisse and moderate degree than either of the other.

It were a great daring in me (who acknowledge my selfe ignorant in the least rudiments of Art) to affirme any thing peremptorily of the true nature of these sulphurous Springs, their proper vse, or what intermixture they may haue of seuerall Mineralls. Nay, it were a touch of boldnesse in any (be they who they will) positiuely to set downe the certaine effects of these waters, because (the three last named hauing apparant differences) their faculties haue not by any (that I can heare) beene seriously tried and examined. Yet that by probability (seeing they are sulphurous, and that in a high degree) they are vsefull, none (who will not absolutely deny the vertues of Mineralls) will deny. Why they are so exceeding strong of sent, and taste, and yet not hot, as are the waters of the Bath in *Somersetshire*, partaking both of the same coniectured nature, I leaue to the discussing of Chimists and Mineralists. Some vndertake to affirme, that the Minerall matter which feeds the waters of the Bath, and makes them operatiue, is fiered. These affirme, (grounding themselues vpon *Aristotle*) that there

are certaine hot and dry exhalations included in the cauernes of the earth, which seeking passage forth, and vent, and not finding any, they are violently carried vp and downe, in which motion by degrees they rarifie, and at length are fired. If so it happen (say they) that where such vapours are included, and incendiared, there be any Bytuminous or Sulphurous matter, by this meanes it comes to be fired; and looke how long there remains any of the Minerall to feed the fire, so long the fire lasteth. And since (say they) these Minerals haue a perpetuall regeneration, it must needs follow, that the fire fed by them must also be durable, vnlesse it finde passage forth, & so vanish. If this heate thus enclosed in these hollows be great and intense, the matter of the Minerall plentifull, and that the water which passeth by them in a continuall succession makes no long course before it breake forth, then is the water in its issue very hot. But if the heate be small (whereunto the abundance of matter giueth force, as we see in our common experience of our ordinary fewell) and the passage of the water long before it issue, then commeth it to passe, that the water is either of a moderate warmth, or cold; for that in so long a iourney it passeth by stones, and cold places, losing by degrees the heate it receiued.

For

For my part, I am more apt to admire Nature in the rarity and variety of her producements, than willing to trouble my braine in searching into things (it may be) not knowable. If such as are iudicious would take the paines by any artificiall coutse, to examine the difference of these waters of ours, and those of the Bath, *secundùm magis & minus*, whereby their due vse might be known, it were a labour which might merit applause. We make no bones to expend great summes in pastimes of momentary continuance, and suffer our eares to be inculcated with rare and vsefull wonderments of Nature, and passe them by as matters belonging onely to Mechanicke knowledge; whereas (truely weighed) these high mysteries would better become both our charge & speculation. And whosoeuer they are, whose ouerflow of fortunes doth inuite them to leaue to posterity an allowance (whereby they worthily expresse a laudable & Christian aime at the common good) be it in erecting Schooles, Hospitals, or what else soeuer of that kind; if such would please to weigh the benefit of these waters, they could not possibly deuise (their vse being first assuredly knowne, and experimented) any meanes more apt to endeare themselues to their Countrey, than in bestowing a largesse, in fitting such places as these

(where medicinall waters by the goodneſſe of God are offered vnto vs) for their commodious vſe. For, although the greateſt Subiects of this Land may be forced to craue the aide of theſe waters (for where Art is at a *non-plus*, Nature oftentimes ſupplieth) yet it is the poorer ſort, to whom they are like to yeeld the greateſt reliefe, many of whom often periſh for want of outward meanes. How many diſtreſſed ſoules lie languiſhing in fearefull infirmities, whom the Northerne parts doe diſtance ſo farre from the Bathes in *Somerſet-ſhire*, that they ſink vnder the burthen of their diſeaſe, either through debility of body to make ſo long a iourney? Or, if their bodies would giue them leaue, the weight of their pouerty preſſeth them downe, and keepes them backe: whereas a reaſonable charge beſtowed on theſe our waters (which are yet but like Beare-whelpes, and want the licking of Art to giue them vſefull forme) might proue as memorable an act as moſt are in theſe times. I know the Bathes in *Somerſet-ſhire* (which I once ſaw) haue in a reaſonable proportion (being happily ſeated in a place which draws from the recourſe of ſtrangers no ſmall commodity) beene look't into, and indifferently accommodated: Yet compare them with others of the like kinde beyond the Seas (which I haue heard

by

by authentique report to be excellently ordered) they are but poore and of meane value. Those of *Akan*, *Aix*, or *Aquisgrane* (call the place which you will, for they are all one) I haue seen, being about 15. miles from the *Spa*, and beheld them with great admiration; the structure about them being so commodious, that they may be tempered at pleasure according to the habit of the patient. They may also be let forth in an instant, (and euery day that they are vsed they are) by which meanes they are freed from the ordure and filth which they attract from putride bodies, which (no question) might preiudice those of sound temper. There are some kept priuate for women, where vnseene they may (without the least preiudice to their modesty) enter for their benefit. This is far from our (I may well say heathenish) custome, where men and women doe mutually entermixe in the Bath, whereby there is too great an occasion administred of begetting lustfull fires, causing the soules of many to run a doubtfull hazard. But I leaue this disorder to the consideratiō of those, whose authority is able to rectifie this grosse abuse, and returne to our waters.

Opposition (I know) they shall not want (Worth & Enuy being inseparable companions) for there are some so betroth't to their particular,

and so ingulft in auarice, that they haue vowed neuer to know any other loue. These, if they perceiue the least dram of profit, to be drawne from their profession (I speake of such whose liuelihood consists in physicall directions, or manuall cures) by any extraordinary discouery, let it neuer so apparantly benefit the generall, they rack their braines to inuent any meanes of disparaging it, and bedlem-like raile at whatsoeuer may bring diminution to their profit and practise, their priuate gaine being dearer to them than their Countrey, nay than the whole world. But let the galls of such greaten, till swcld with enuy, they burst; the testimony of one approued man will be of sufficient weight to out-ballance the fuming froth of a thousand such.

It did not cost vs aboue one entire day in this our perambulation of visiting these waters, but by what we had seene, we thought it more than coniecturable, that vpon diligent search there may many others be found within a small distance of seuerall intermixed natures, which may afford admirable vse both for outward & inward cure, dispenced by the appointment of a carefull and iudicious Artist.

Can we then be so simple as to question, where there are such variety of Minerall waters, whether

the

the soile doth afford commodious veines, or no? I am perswaded, if those same *Belgicke* Pismires (as one not vnfitly calls them) were masters of so faire an opportunity as this doth promise, they would leaue no angle of the place vnsought, till they had found out the beds where these Mineralls sleepe. But we (like Carriers horses) will not out of the tract way of ordinary commodities. Peace the mother of plenty, and this the nurse of ease, or rather idlenesse, hath so enthralled vs, that we hug our selues in our owne security, and neglect many blessings which the liberall hand of the Almighty hath showred vpon vs.

O that their example (I meane the *Hollanders*) might moue vs to consider, what blessings doe attend a laborious life. How haue they (confined within a bog (as I may say) and that of no great compasse) aduanced their heads aboue many States, that possesse large & fertile Dominions? What Cities of magnifique structure doe they inhabit? How doe they abound in all manner of profitable Manifactures? Into what place of the habitable world haue the not trafficke? How haue they bearded that same Christendome-threatning-Monarch the Catholique King, and done him more shame (maugre all his Indian Bullion) than all his farre-fetcht conquests haue gained

him

him credit? And whence comes this their prosperity, and encreaſe of potency, if not from a generall circumſpection, & ſagacity in their affaires, cheriſhing all manner of vſefull Arts, and aduantagious knowledge, and not ſuffering any vnprofitable weeds, I meane idle perſons, to harbour amongſt them? Whereas we (by what conniuence I know not) giue way to more loytering droanes, and common able beggars, to ſwarme in our ſtreets, than would ſerue to people a larger circuit of ground than they poſſeſſe.

Whence is it that our Alehouſes and Tauernes are in ſuch requeſt in all good Townes, but that they are ſo frequented with idle companions that their cuſtome is thought now adaies a conſtant faire reuenue? And hence it is that moſt of our Townes-maſters (obſeruing the humor and current of the times) howſoeuer they make a ſhew of ſome bundles of Flax, a few bars of Iron, or ſuch like ſtuffe in their ſhops, yet (the plaine Engliſh is) Corne is the maine prop of their eſtates, & of Corne, Barley, which they know will off, when all other commodities ſticke faſt. Thus come Tipling-houſes to be in ſuch requeſt, & ſo countenanced in their exceſſe of riot, and abuſe of meaſure, thoſe who are appointed Gouernours (but may more properly be tearmed Ouerſeers) winc-

king

king at disorder, because (like Flies) they deriue a great part of their Being from the corruptions & sores of the times. Indeed we doe but too much abound in all necessary comforts, and this is it which hath so infected vs with a lazie Lethargy, that through a long habit of ease, we are growne vncapable of sustaining any paines. Hath not our long continued peace, brought vs to a strange passe (being neither employed at home in fit labour, nor suffered to passe abroad but with strange restrictions, and limitations) when wee are become the prostitutes of forraigne derision? Tis how the golden Age was, when wee were held a terrour to the proudest of our neighbours, our alliance was sought vnto as a shelter, and they were safest, whom the wings of our amity did shadow: but we are now so farre from being remembred with the least phrase of respect, in regard of our present stupidity, and base sufferings, that a beggarly base fisher-Towne (fit to be nothing but what it is, a *Cacus* his den, and receptacle of pilfering Pyrats) dares braue vs at our own doores, so that not a Merchant but feares to put forth his head, to passe from one of our Ports to another. We are daily defied vpon the skirts of our owne coasts, so that not a weeke doth passe, which bringeth not forth some sad tydings, euen

in our view, to the vndoing or hazarding of many a poore family. O the benummed temper of these our daies, when we who were the great Masters of these our Seas, are now growne such sordide slaues, that we are scornfully trampled vpon, and beaten at our owne weapon! We sit by our fires side, wish all were well, scatter now and then a few words of feare, as if our hearts did misgiue all were not well, but that some terror were at hand; and yet none so bold, of so Romane resolution, or so louing to his Country, as to proclaime our hazard, or giue warning of a thorme; which whensoeuer it shall breake forth, (which God auert, and yet considering our too well-knowen weaknesse, and supine carelesnesse, besides the deluges of many crying sinnes, it may be feared it is not farre off) we shall be found but an amazed sort of staggering slumberers, scarce awake. Yet I hope in this our *Israel* (I was about to haue said *Sodome*, for in fulnesse of bread, if not in other her abominations, we may be suspected to haue too great a share) there will be found some faithfull *Abrahams*, who will make bold to speake vnto the Lord againe, and againe, that he will not destroy the righteous with the wicked. We haue lately smarted vnder the hand of the Almighty by a grieuous visitation, and we are (blessed

sed be his name) he hath caused his Angell to stay his hand, so that there is mercy with our God, O that we had grace to feare him! If this will not warne vs, but that we will still go on in a carelesse course, we cannot but expect (which he who was according to Gods owne heart, did tremble to make choice on) to fall into the hands of our enemies, whose swords haue long thirsted after our bloud. Yet since (most mighty Lord God) thy prouidence hath hitherto miraculously watched ouer vs: O (howsoeuer our sinnes do most iustly prouoke thee to hide thy face from vs) bee not farre off (thou preseruer of man) when wee call vpon thee. Euer preserue, and graciously defend our dread Soueraigne. Keepe farre from him such as were the young Counsellors of *Reboboam*; when they would whisper into his sacred eares the encrease of our burthens, or the doubling of our taxes, let their tongues cleaue vnto the roofe of their mouthes. Let those be deare vnto him, who sincerely tender the glory of thy great Name, that so Religion may first in all consultations be aduanced and established, Antichristian Machiauellias may be extirpated, the publike good by a carefull prouiding for our safety at home, before we embroile our selues abroad, may be secured: that other Nations, seeing our

prosperity, may be forced to say of vs, *Blessed are the people who are in such a case.*

The issue of this long digression (besides that a sudden apprehension of our threatning hazard, by the tollerated multiplying of Romish Locusts, and the extreame weaknesse of our coasts did transport me) is only to shew, that if we were so cautelous as befits vs, and so solicitous, as we should be, of the publike good, this our happy Ile, doth afford matter sufficient of vsefull consequence, partly by a free & equall trade abroad, & partly by exercise at home, to employ all the rusty hands, and idle mouldy braines amongst vs; which till it be with more care aduised on (than it hath beene long, but especially of late) let vs neuer expect to returne to our pristine farre spred glory.

It was pitty this our new *Spa* did not first fall into the hands of some of our iugling imposturing, Romish Priests: for if they (by their Mountebank trickes) are able to draw from most parts of the Kingdome, to one of their Sainted Wells, a world of people, some whereof they cure meerely with conceit of their waters soueraignty, others (ayling little or nothing) they can perswade to publish of themselues stupendious cures, of desperate diseases (which being for the aduancement of the Ca-

tholike cause (though in it selfe a base lie) yet with them is but a veniall *peccadelio*) if I say these brazen fac't Empericks, are able to goe so farre with an ordinary plaine water, what a shame is it for vs who haue such a reall, vertuall Spring, nay many, and that within a small distance, thus to be out-stript with their legerdemaine?

In the latter end of this Summer there was another Spring discouered by Dr. *Leake*, a Physitian of *Yorke*, a mile neerer the Towne of *Knaresbrough*, than is the *Tuit-well*. It is held to be as good as the other, of the same taste, and consequently of the same facultie. So that now we may boldly challenge the *Spa* in *Germany*: for as they haue their two acide Fountaines, *Sauenir*, and *Pohon*, we equall them, and want nothing but names to giue ours the greater sound.

But it is time to strike saile. I might (and not vnaptly) take occasion, before I conclude, to publish many rarities which the Towne of *Knaresbrough*, and the bordering places doth afford, as the variety of stone Quarries, the seuerall sorts of Earths, rare Plants, and other most obseruable specialties. Here also might I not impertinently insist a little of the famous chronicled dropping Well, seated vnder the Towne, which turneth whatsoeuer is cast into it, or casually falls

in, as ſtickes, leaues, and moſſe, into a firme ſtone; which ſhewes it to be of a moſt aſtrictiue quality, and of appliable vſe. A proofe hereof was made the precedent Summer by a ſtranger, who caſually paſſing this way (hauing been long troubled with a flix) was counſelled to drinke of this water, which (other meanes failing) he willingly did, and within a few daies was perfectly cured of the diſeaſe. That theſe Fountains alſo are conueniently ſeated neere a Towne of ample receipt for ſtrangers, is not to be omitted. Yet theſe and many other remarkable aduantages I am content to ſlip ouer, hoping ſome generous ſpirit will vndertake their more ample diſcouery, which would be an act well-becomming any one, who deſireth to perpetuate his name in the Catalogue of ſuch as haue giuen luſter to their Countrey. By this meanes the wonderments of this place ſeriouſly related, and diuulged, we may haue iuſt cauſe to glorifie God, who amongſt other his vnnumbered fauours, both concerning our ſoules, and bodies, hath added the knowledge of theſe waters, and his vndeſerued mercies conſidered, we may truly confeſſe, *He hath not deale ſo with any other Nation.*

MVSEVM BRITANNICVM